

Asthma In Utah Fact Sheet

Asthma is a leading public health problem for children in Utah

- About 61,000 children under age 18 have asthma in Utah, or equal to about 2000 classrooms or 127 elementary schools filled with children with asthma.
- About 700 children were hospitalized because of asthma in 2003 costing about \$2.8 million.
- Asthma is the number one reason children miss school, due to chronic disease.
- More than 10 million missed school days in the United States.

Asthma can be fatal

- An attack can turn deadly at anytime, especially if medications are not available.
- There are nearly 5,000 deaths due to asthma each year in the U.S. (*CDC National Center for Health Statistics, 2001 data*)
- Asthma attack can occur at anytime
- There are many triggers that can cause an asthma attack.

The most common triggers are:

- Tobacco smoke
- Exercise
- Allergens such as dust mites, animal dander, molds, pollens, and food
- Colds, flu, sinus infections
- Weather and air quality
- Stress

Asthma can be controlled with appropriate medications

There are two basic types of medications for patients with asthma:

Controllers: taken daily to help control asthma symptoms and prevent an attack.

Quick-Relief Inhaler: taken as needed to provide fast relief from symptoms.

People with asthma should take this medicine as soon as they feel symptoms begin.

